

Parenting Views

PERCEPTION IN PARENT-CHILD RELATIONSHIPS

"Most of our failures in understanding one another have less to do with what is said and what is heard than with what is intended and what is inferred."...George A. Miller, psychologist

Our interpretation of another's behavior is based on our values, beliefs, and experiences. So for parents, an important step in checking your interpretation with your child is to ask some basic questions:

"Do you mean _____?"

"Are you saying _____?"

"Are you feeling _____?"

Checking out your interpretation before responding or acting takes only a few minutes, but could make a difference in a mistaken message.

Our perception or definition of a problem affects the outcomes or solutions we come up with. Instead of identifying the problem as your child's behavior, try to see it as how you are affected by your child's behavior. Explaining yourself this way to your child might change the way your request for help is given and received. Carefully defining the problem and outlining your expectations can help to clear up misinterpreted facts. Your child's views may also bring clearer or different perspectives to your attention.

It is common to attribute our feelings directly to events or people. *"Boy, chaperoning that school event was sure a waste of time."* Or, *"he makes me so angry when he..."* On the other hand, you might perceive that situation as an opportunity to get to know your child's friends and peers, or to spend time doing something your child wanted to do. Each interpretation of the same event leads to different feelings and probably different behaviors.

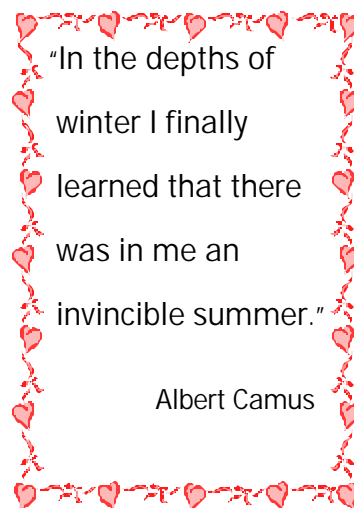
Anything, positive or negative that we believe about ourselves and others can affect the way we act. So, if we buy into the negative images put on teenagers, we may end up with difficult teenagers partly because that's what we expected. Children are apt to live up to or live down to what they perceive is expected of them.

A lot of parents assume when children become teenagers they will become difficult. Like all of us, children and teens will have their difficult times. It may even happen often! But becoming a teen does not guarantee problems. Parents and children may get along better if they can get to know each other as the unique individuals they are.

By: Ronald Pitzer, University of Minnesota Extension for Family Information Services/2000



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"In the depths of
winter I finally
learned that there
was in me an
invincible summer."

Albert Camus



WINTER CAR SAFETY

Is your car ready for the cold weather? Make sure you get your car winterized. Have your battery, antifreeze, oil, wipers (and washer fluid) and tires checked.

You should always carry a winter survival kit in your car. You need things to keep you warm and dry such as a blanket and a change of clothes. Include a shovel, flashlight and batteries, ice scraper with brush, flares, fire extinguisher, first aid kit, booster cables, road maps, waterproof matches, a bag of salt or sand, dry food rations (such as raisins, nuts and candy) and drinking water.

Your gas tank should be full. This allows for some extra weight for traction and prevents ice from forming in your fuel line.

Clean your car of snow and ice. All windows, lights, roof, hood and trunk should be clear of snow and ice to prevent reduced visibility or a hazard to other vehicles if the ice is blown off your vehicle.

Source: www.buckeye-ins.com/winter.html

REFUELING SAFETY

Following a few simple rules will ensure your safety while refueling your vehicle.

- Turn your vehicle engine off while refueling.
- Never smoke, light matches or use lighters while refueling.
- To avoid gasoline spills, do not over-fill or top off your vehicle's fuel tank. The fuel dispenser will shut off automatically when the tank is full.
- Use only the hold-open latch provided on the gasoline pump. Never jam or force the latch open by using some other object such as the gas cap.

STATIC FIRES-Static electricity is a suspected cause of a reported increase in gas station refueling fires.

Static flash fires may occur while refueling vehicles during cool or cold, dry weather conditions. These incidents may be related to static electricity build-up and discharge. Customers should remain at the vehicle's fueling point even when using the nozzle's hold-open latch. The customer **SHOULD NOT** re-enter their vehicle during fueling. This re-entry could result in the customer becoming charged with static electricity and when returning to the fueling point, static electricity could be discharged resulting in a fire. If a customer does re-enter their car, they should discharge the static electricity buildup by touching the outside metal portion of the vehicle, away from the filling point, before attempting to remove the nozzle.

Source: <http://www.quicktrip.com>

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Source: Family Information Services, Minneapolis, MN

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SNOW PAINTING

This is awesome! You can paint cool pictures, or just lines and markers for your snowball fights!

What you need:

Water bottles with squirt tops

Food coloring (a few colors)

Water

Snow



Fill each bottle with water and a different color of the food coloring. Shake it up, and head outside to the snow! Use the spray bottles to make any sort of pictures or designs. Use your imagination! And don't forget to take pictures of your creations, because they'll melt away!

Source: kidsdomain.com

Keeping Your Family Healthy

Everyone is exposed to many types of viruses every day. Usually, we do not become ill, but unfortunately there are times our body cannot fight these viruses and we become ill.

Viruses are spread from person to person in several different ways. Some are spread by coughing and sneezing and others are excreted when we vomit or have diarrhea. It is important to remember that these viruses can remain in the stool and be contagious for two to five days after you begin to feel better.

Your Best Protection Against Viruses Is To:

1. **WASH YOUR HANDS.** Wash thoroughly between fingers and under your nails with warm soapy water. Do this after every bathroom visit, before preparing and/or eating food. *If you are ill try not to even prepare food for others.
2. Thoroughly wash fresh fruits and vegetables. (They can be contaminated by the packing process).
3. Use a tissue when coughing or sneezing, and then wash your hands.
4. Use disinfectants on toilets and sinks frequently when someone in the household is ill.
5. Change bathroom towels and toothbrushes frequently.
6. Toys that children put in their mouth should frequently be washed in warm soapy water.

James Chin, MD, MPH
Control of Communicable Disease Manual

Cold-Weather Cooking

Warm the *chill* of winter with this nutritious, tasty and EASY Chili Rice Casserole.

Make 3 cups cooked rice. While rice is cooking, brown 1/2 pound ground beef and drain fat. Add 1/2 cup chopped onion, 2 table-spoons chili powder, 8 ounces tomato sauce and 1/2 cup water to the browned beef. Mix. Put the beef mixture in a casserole dish, alternate 1 cup cooked rice with 1 cup beef mixture. Put any beef mixture left on top. Bake at 375 degrees for 30 minutes. If desired, grated cheese can be sprinkled on top during the last 10 minutes of baking. Use low-fat cheese and lean beef for a low fat recipe.

This tasty recipe contains foods from four different food groups, providing protein, iron, complex carbohydrates, vitamin C and calcium with only 315 calories per one cup serving



Recipe from the MSUE Expanded Food & Nutrition Education Program cookbook.

MANAGING YOUR MONEY

Here are 10 cost-cutting ideas for ways to spend less and still get the things you need to live. Try to think of at least one way you could try each of these ideas for your family, to make your dollars go further.

1. **DON'T BUY IT**- ask yourself if you really need this item.
2. **BORROW**-especially something you don't need very often.
3. **SHARE**-share items and skills with family and friends.
4. **SUBSTITUTE**-ask yourself if something at a lower price would do the job almost as well.
5. **USE WISELY**-make the things you buy last longer by taking care of them.
6. **FIND THE BEST BUY**
7. **MAKE IT**-if you can do it cheaper.
8. **RENT OR HIRE**-an item you won't use much.
9. **FIND IT FREE**
10. **TRADE**-things or skills for what you need.

To save \$500 in a year, you need to save \$9.62 a week. Ideas for saving \$10 in a week could be pack lunches, cut back on cable or extra phone charges.....what will you do?